

ABSTRAK

Hasil pengamatan dan studi pendahuluan, menunjukkan bahwa peserta didik kelas X di SMA Negeri 1 Kota Cimahi Tahun Ajaran 2014/2015, umumnya masih kebingungan tentang karir di masa depan sehingga diperlukan strategi bimbingan tertentu yang efektif untuk mengoptimalkan kematangan karir. Sehubungan itu, penelitian ini ditujukan untuk menguji efektivitas strategi *Holland Types for Career Counseling* dan strategi *Solution-Focused Career Counseling* dalam peningkatan kematangan karir. Untuk mengkaji masalah penelitian, digunakan teori konstruksi karir dari Savickas serta teori bimbingan dan konseling karir Holland dan *Brief-focused*. Desain yang digunakan adalah *cross sectional survey* dengan metode kuasi eksperimen. Subjeknya adalah 112 orang yang dipilih untuk strategi konvensional, *Holland Types for Career Counseling*, *Solution-Focused Career Counseling* masing-masing adalah 36, 39, dan 37 orang yang dipilih dengan teknik *simple random*. *CMI-Form C* yang telah diadaptasi digunakan untuk mengungkap data, kemudian diolah secara statistik dengan menggunakan ANOVA dan Pasca ANOVA. Hasil penelitian menunjukkan bahwa strategi *Holland Types for Career Counseling* dan *Solution-Focused Career Counseling* lebih efektif dibandingkan strategi konvensional dalam mengoptimalkan kematangan karir peserta didik SMA. Strategi *Holland Types for Career Counseling* sangat efektif untuk meningkatkan dimensi *concern*, *curiosity*, dan *confidence* dibandingkan dengan strategi *Solution-Focused Career Counseling* dan konvensional. Sementara itu, *Solution-Focused Career Counseling* sangat efektif untuk mengembangkan dimensi *consultation* dibanding strategi *Holland Types for Career Counseling* dan konvensional. Implikasi teoretis-metodologis dan praktis juga diungkapkan dalam penelitian ini.

Kata Kunci: Kematangan karir, *CMI-Form C*, *Holland Types for Career Counseling*, *Solution-Focused Career Counseling*, Peserta didik

ABSTRACT

Preliminary study and observation shows that the tenth grade students of SMA Negeri (State Senior High School) 1 Cimahi City Academic Year 2014/2015 in general are still confused with their future careers, thereby requiring certain effective counseling strategies to optimize their career maturity. In this regard, the research is aimed to test the effectiveness of Holland Types for Career Counseling and Solution-Focused Career Counseling strategies in improving career maturity. To analyze the problem under research, Savickas' career construction theory and Holland's career and brief-focused counseling and guidance theories were employed. The research used cross-sectional survey design with quasi-experimental method. The subjects consisted of 112 students taken with simple random technique, divided into three groups treated with conventional strategy, Holland Types for Career Counseling, and Solution-Focused Career Counseling with a number of 36, 39, and 37 students for each group, respectively. CMI-Form C was adapted to discover data, which were then analyzed statistically using ANOVA and Post-ANOVA tests. Research results show that Holland Types for Career Counseling and Solution-Focused Career Counseling strategies were more effective than the conventional one in optimizing senior high school students' career maturity. Holland Types for Career Counseling was significantly more effective in improving the dimensions of concern, curiosity, and confidence than Solution-Focused Career Counseling and conventional strategies. Meanwhile, Solution-Focused Career Counseling was significantly more effective to develop the dimension of consultation compared to Holland Types for Career Counseling and conventional strategies. Theoretical, methodological, and practical implications are also revealed in this research.

Keywords: Career maturity, CMI-Form C, Holland Types for Career Counseling, Solution-Focused Career Counseling, Students

Diah Susilawati, 2015

EFEKTIVITAS STRATEGI HOLLAND TYPES FOR CAREER COUNSELING DAN STRATEGI SOLUTION-FOCUSED CAREER COUNSELING UNTUK PENINGKATAN KEMATANGAN KARIR